

Full Report (All Nutrients) 45113736, ZATARAIN'S, NEW ORLEANS STYLE SHRIMP ALFREDO PASTA, UPC: 071429665613

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	297.0 g 297g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	490	165
Protein	g	--	--	22.01	7.41
Total lipid (fat)	g	--	--	16.99	5.72
Carbohydrate, by difference	g	--	--	62.01	20.88
Fiber, total dietary	g	--	--	3.0	1.0
Sugars, total	g	--	--	9.00	3.03
Minerals					
Calcium, Ca	mg	--	--	199	67
Iron, Fe	mg	--	--	2.70	0.91
Sodium, Na	mg	--	--	529	178
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	0.4
Vitamin A, IU	IU	--	--	751	253
Lipids					
Fatty acids, total saturated	g	--	--	7.009	2.360
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	86	29

Amino Acids

Other

Ingredients

COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM WHEAT SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), SHRIMP (WITH SALT, SODIUM TRIPOLYPHOSPHATE), WATER, HALF AND HALF (MILK, CREAM), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BHA & BHT ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED), SWEET DAIRY WHEY, HEAVY CREAM SAUCE (SHORTENING POWDER [SOYBEAN OIL, CORN SYRUP SOLIDS,

SODIUM CASEINATE, MONO & DIGLYCERIDES], CORN MALTODEXTRIN, SWEET CREAM SOLIDS, SALT, SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL], NATURAL BUTTER FLAVOR), CHEESE FLAVOR (A DEHYDRATED BLEND OF ROMANO CHEESE [PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], SODIUM PHOSPHATE), DRY BUTTERMILK, MODIFIED CORN STARCH, CHEESE FLAVOR (A DEHYDRATED BLEND OF PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), CANOLA OIL, GREEN ONION, CHEDDAR CHEESE FLAVOR (DEHYDRATED BLEND OF WHEY, CHEESE [GRANULAR AND BLUE {PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES}], SUNFLOWER OIL, CORN MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), CORN MALTODEXTRIN, SEA SALT, YEAST EXTRACT, MONO AND DIGLYCERIDES, POTASSIUM CHLORIDE, PARSLEY FLAKES, XANTHAN GUM, SPICES, DISODIUM PHOSPHATE, DEXTROSE, GRANULATED GARLIC, CHILI POWDER (CHILI PEPPERS, SPICES, SALT, GARLIC POWDER), GRANULATED ONION. *Date Last Updated by Company:* 06/03/2016